



Spaghetti Squash with Kalamata Olives, Sun-Dried Tomatoes & Fresh Basil

Active Time: None | Total Time: None | Serves: 4

Nutrition Information Per Serving

274.3 calories, 28.69 g carbohydrate, 7.06 g fiber, 21.63 g NET carbs, 3.07 g protein, 18.62 g fat

Ingredients

- 8 piece(s) Mediterranean Organic Sundried Tomatoes
- 1 clove organic garlic, pushed through a press
- 1/2 tsp(s) sea salt
- 1/4 cup(s) organic fresh basil, chopped
- 1/2 tsp(s) freshly ground black pepper
- 1/4 cup(s) organic extra virgin olive oil
- 2 Tbsp(s) organic red wine vinegar
- 1 whole (3 lb.) organic spaghetti squash
- 16 large(s) organic Kalamata olives, halved

Preparation

1. Heat oven to 400 F. Prick squash in several places.
2. Bake 45 minutes until tender. Allow to cool slightly, cut in half and scoop out and discard seeds.
3. Pull out squash strands from each side with a fork. Transfer to a bowl; cool to room temperature.
4. In a large bowl, mix olives, tomatoes, basil, garlic, oil, vinegar, and pepper.
5. Add squash and toss gently until combined. Season with salt.
6. Serve.

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